Guidelines and Guidance


Journal articles

Cardiovascular

Physical Activity in Primary Versus Secondary Prevention Indication Implantable Cardioverter Defibrillator Recipients 6–12 Months After Implantation – A Cross-Sectional Study With Register Follow Up
Selina Kikkenborg Berg, Lau Caspar Thygesen, Jesper Hastrup Svendsen, Anne Vinggaard Christensen, Ann-Dorthe Zwisler
Archives of Physical Medicine and Rehabilitation, March 2015, Volume 96 • Issue 3, p426–431

Chronic Pain

Multidisciplinary biopsychosocial rehabilitation for chronic low back pain: Cochrane systematic review and meta-analysis
Steven J Kamper, A T Apeldoorn, A Chiarotto, R J E M Smeets, R W J G Ostelo, J Guzman, M W van Tulder
BMJ 2015;350:h444
http://www.bmj.com/content/350/bmj.h444?etoc=

Effectiveness of the Godelieve Denys-Struyf (GDS) Method in People With Low Back Pain: Cluster Randomized Controlled Trial
Fatigue in patients with chronic widespread pain participating in multidisciplinary rehabilitation treatment: a prospective cohort study
Aleid de Rooij, Marike van der Leeden, Michiel R. de Boer, Martijn P. M. Steultjens, Joost Dekker, and Leo D. Roorda
Disability and Rehabilitation 2015, Vol. 37, No. 6: 490-498.

Summary

Gerontology

Exercise and physical activity in older adults with knee pain: a mixed methods study
Melanie A. Holden, Elaine E. Nicholls, Julie Young, Elaine M. Hay, and Nadine E. Foster
Rheumatology 2015 54: 413-423
[Abstract] [Full Text] [PDF] OPEN ACCESS

Cognitive motor interference for preventing falls in older adults: a systematic review and meta-analysis of randomised controlled trials
Xueqiang Wang, Yanling Pi, Peijie Chen, Yu Liu, Ru Wang, and Chetwyn Chan
Age Ageing 2015 44: 205-212
[Abstract]

Objectively assessed physical activity and lower limb function and prospective associations with mortality and newly diagnosed disease in UK older adults: an OPAL four-year follow-up study
Kenneth R. Fox, Po-Wen Ku, Melvyn Hillsdon, Mark G. Davis, Bethany A. J. Simmonds, Janice L. Thompson, Afroditi Stathi, Selena F. Gray, Deborah J. Sharp, and Joanne C. Coulson
Age Ageing 2015 44: 261-268
[Abstract] [Full Text] [PDF] OPEN ACCESS

Factors associated with grip strength decline in older adults
Ola Sternäng, Chandra A. Reynolds, Deborah Finkel, Marie Ernsth-Bravell, Nancy L. Pedersen, and Anna K. Dahl Aslan
Age Ageing 2015 44: 269-274
[Abstract]

Recent syncope and unexplained falls are associated with poor cognitive performance
John Frewen, Bellinda King-Kallimanis, Gerard Boyle, and Rose Anne Kenny
Age Ageing 2015 44: 282-286
[Abstract]

Changes in gait performance over several years are associated with recurrent falls status in community-dwelling older women at high risk of fracture
Age Ageing 2015 44: 287-293
[Abstract]

The predictive value of gait speed and maximum step length for falling in community-dwelling older persons
Kim T. J. Bongers, Yvonne Schoon, Maartje J. Graauwman, Henk J. Schers, René J. Melis, and Marcel G. M. Olde Rikkert
Age Ageing 2015 44: 294-299
[Abstract]
Performance of the European Working Group on Sarcopenia in Older People algorithm in screening older adults for muscle mass assessment
Roberto Alves Lourenço, Mario Pérez-Zepeda, Luis Gutiérrez-Robledo, Francisco J. García-García, and Leocadio Rodríguez Mañas
Age Ageing 2015 44: 334-338
[Abstract]

Improving Motor Control in Walking: A Randomized Clinical Trial in Older Adults With Subclinical Walking Difficulty
Jennifer S. Brach, Kristin Lowry, Subashan Perera, Victoria Hornyak, David Wert, Stephanie A. Studenski, Jessie M. VanSwearingen
 Archives of Physical Medicine and Rehabilitation, Volume 96 • Issue 3, March 2015, p388–394

A Shoe Insole Delivering Subsensory Vibratory Noise Improves Balance and Gait in Healthy Elderly People
Lewis A. Lipsitz, Matthew Lough, James Niemi, Thomas Travison, Harold Howlett, Brad Manor
 Archives of Physical Medicine and Rehabilitation, Volume 96 • Issue 3, March 2015, p432–439

Falls Among Adults Aging With Disability
Patricia Noritake Matsuda, Aimee M. Verrall, Marcia L. Finlayson, Ivan R. Molton, Mark P. Jensen
 Archives of Physical Medicine and Rehabilitation, Volume 96 • Issue 3, March 2015, p464–471

Neurology/Stroke

Effectiveness, Usability, and Cost-Benefit of a Virtual Reality–Based Telerehabilitation Program for Balance Recovery After Stroke: A Randomized Controlled Trial
Roberto Lloréns, Enrique Noé, Carolina Colomer, Marian Alcañiz
 Archives of Physical Medicine and Rehabilitation, Volume 96 • Issue 3, March 2015, p418–425.e2

Physical Therapist Interventions for Parkinson Disease
Robyn Gisbert and Margaret Schenkman
 PHYS THER March 2015 95:299-305;
 Extract

Patients’ Use of a Home-Based Virtual Reality System to Provide Rehabilitation of the Upper Limb Following Stroke
Penny J. Standen, Kate Threapleton, Louise Connell, Andy Richardson, David J. Brown, Steven Battersby, Catherine Jane Sutton, and Fran Platt
 PHYS THER March 2015 95:350-359
 Abstract

Grip Force Modulation Characteristics as a Marker for Clinical Disease Progression in Individuals With Parkinson Disease: Case-Control Study
Sujata Pradhan, Reinhold Scherer, Yoky Matsuoka, and Valerie E. Kelly
 PHYS THER March 2015 95:369-379
 Abstract

Considerations in the Efficacy and Effectiveness of Virtual Reality Interventions for Stroke Rehabilitation: Moving the Field Forward
Rachel Proffitt and Belinda Lange
 PHYS THER March 2015 95:441-448
 Abstract
Orthopaedics/ Musculoskeletal

Exercise therapy may postpone total hip replacement surgery in patients with hip osteoarthritis: a long-term follow-up of a randomised trial.
Svege I, Nordsletten L, Fernandes L, Risberg MA.

Self-management approaches for osteoarthritis in the hand: a 2×2 factorial randomised trial.
Dziedzic K, Nicholls E, Hill S, Hammond A, Handy J, Thomas E, Hay E.

Effects of Exercise Amount and Intensity on Abdominal Obesity and Glucose Tolerance in Obese Adults: A Randomized Trial
Effects of Exercise on Obesity and Glucose Intolerance
Robert Ross, PhD; Robert Hudson, MD, PhD†; Paula J. Stotz, MSc; and Miu Lam, PhD
Ann Intern Med. 2015;162(5):325-334
http://annals.org/article.aspx?articleID=2173500

Acromiohumeral distance measurement in rotator cuff tendinopathy: is there a reliable, clinically applicable method? A systematic review
Karen M McCreesh, James M Crotty, Jeremy S Lewis
[Abstract]

Classification and grading of muscle injuries: a narrative review
Bruce Hamilton, Xavier Valle, Gil Rodas, Luis Til, Ricard Pruna Grive, Josep Antoni Gutierrez Rincon, Johannes L Tol
[Abstract]

Evidence in managing traumatic anterior shoulder instability: a scoping review
[Abstract]

Diagnostic accuracy of clinical tests for ankle syndesmosis injury
Amy D Sman, Claire E Hiller, Katherine Rae, James Linklater, Deborah A Black, Leslie L Nicholson, Joshua Burns, Kathryn M Refshauge
[Abstract]

Effect of dynamic humeral centring (DHC) treatment on painful active elevation of the arm in subacromial impingement syndrome. Secondary analysis of data from an RCT
Johann Beaudreuil, Sandra Lasbleiz, Mounir Aout, Eric Vicaut, Alain Yelnik, Thomas Bardin, Philippe Orcel
[Abstract]

Two-Minute Walk Test Performance by Adults 18 to 85 Years: Normative Values, Reliability, and Responsiveness
Richard W. Bohannon, Ying-Chih Wang, Richard C. Gershon
Archives of Physical Medicine and Rehabilitation, Volume 96 • Issue 3, March 2015, p472–477

Biomechanical and Clinical Correlates of Swing-Phase Knee Flexion in Individuals With Spastic Cerebral Palsy Who Walk With Flexed-Knee Gait
Dong-Wook Rha, Katelyn Cahill-Rowley, Jeffrey Young, Leslie Torburn, Katherine Stephenson, Jessica Rose
Validity of Physical Activity Measures in Individuals After Total Knee Arthroplasty
Gustavo J. Almeida, David M. Wert, Kelly S. Brower, Sara R. Piva
Archives of Physical Medicine and Rehabilitation, Volume 96 • Issue 3, March 2015, p511–517

Evaluation of Measures of Upper Limb Functioning and Disability in People With Parkinson Disease: A Systematic Review
Elizabeth L. Proud, Kimberly J. Miller, Belinda Bilney, Sulakshana Balachandran, Jennifer L. McGinley, Meg E. Morris
Archives of Physical Medicine and Rehabilitation, Volume 96 • Issue 3, March 2015, p524–531

Measurement Tools for Adherence to Non-Pharmacologic Self-Management Treatment for Chronic Musculoskeletal Conditions: A Systematic Review
Amanda M. Hall, Steven J. Kamper, Marian Hernon, Katie Hughes, Gráinne Kelly, Chris Lonsdale, Deirdre A. Hurley, Raymond Ostelo
Archives of Physical Medicine and Rehabilitation, Volume 96 • Issue 3, March 2015, p540–551.e1

Relative active motion programs following extensor tendon repair: A pilot study using a prospective cohort and evaluating outcomes following orthotic interventions
Birgit Svens, Erica Ames, Karen Burford, Yugesh Caplash
Journal of Hand Therapy, Volume 28, Issue 1, January–March 2015, Pages 11–19

The benefit of early rehabilitation following tendon repair of the hand: A population-based claims database analysis
Pei-Chi Hsiao, Shu-Yu Yang, Chung-Han Ho, Willy Chou, Shiang-Ru Lu
Journal of Hand Therapy, Volume 28, Issue 1, January–March 2015, Pages 20–26

Effects of taping the hand in children with cerebral palsy
Hilal Keklicek, Fatma Uygur, Yavuz Yakut
Journal of Hand Therapy, Volume 28, Issue 1, January–March 2015, Pages 27–33

The effects of orthotic intervention on nerve conduction and functional outcome in Carpal Tunnel Syndrome: A prospective follow-up study
Berna Celik, Nurdan Paker, Evrim Coskun Celik, Derya Soy Bugdayci, Kadriye Ones, Nurhan Ince
Journal of Hand Therapy, Volume 28, Issue 1, January–March 2015, Pages 34–38

The relationship between the Patient-rated Ulnar Nerve Evaluation and the common impairment measures of grip strength, pinch strength, and sensation
Mike Szekeres, Joy C. MacDermid, Graham J.W. King, Ruby Grewal
Journal of Hand Therapy, Volume 28, Issue 1, January–March 2015, Pages 39–45

Self-management strategies used by patients who are hypersensitive to cold following a hand injury. A prospective study with two years follow-up
Tone Vaksvik, Ingvild Kjeken, Inger Holm
Journal of Hand Therapy, Volume 28, Issue 1, January–March 2015, Pages 46–52

Dexterity as measured with the 9-Hole Peg Test (9-HPT) across the age span
Ying-Chih Wang, Richard W. Bohannon, Jay Kapellusch, Arun Garg, Richard C. Gershon
Journal of Hand Therapy, Volume 28, Issue 1, January–March 2015, Pages 53–60

Linking of the Patient Rated Elbow Evaluation (PREE) and the American Shoulder and Elbow Surgeons – Elbow questionnaire (pASES-e) to the International Classification of Functioning Disability and Health (ICF) and Hand Core Sets
Joshua I. Vincent, Joy C. MacDermid, Graham J.W. King, Ruby Grewal
Journal of Hand Therapy, Volume 28, Issue 1, January–March 2015, Pages 61–68
Use of a bivalve finger fracture orthosis for a new treatment protocol of a PIP comminuted fracture and dorsal dislocation
Marisol Monasterio, Kathleen A. Longsworth, Steven Viegas
Journal of Hand Therapy, Volume 28, Issue 1, January–March 2015, Pages 77-81

Mobilization with movement and elastic tape application for the conservative management of carpometacarpal joint osteoarthritis
Jorge Hugo Villafañe, Kristin Valdes
Journal of Hand Therapy, Volume 28, Issue 1, January–March 2015, Pages 82-85

Hainan Yu, Pierre Côté, Heather M. Shearer, Jessica J. Wong, Deborah A. Sutton, Kristi A. Randhawa, Sharanya Varatharajan, Danielle Southerst, Silvano A. Mior, Arthur Ameis, Maja Stupar, Margareta Nordin, Gabreille M. van der Velde, Linda Carroll, Craig L. Jacobs, Anne L. Taylor-Vaisey, Sean Abdulla, and Yaadwinder Shergill
PHYS THER March 2015 95:306-318
Abstract

Role of Body-Worn Movement Monitor Technology for Balance and Gait Rehabilitation
Fay Horak, Laurie King, and Martina Mancini
PHYS THER March 2015 95:461-470
Abstract

Determinants of functional outcome in hip fracture patients: the role of specific neuropsychiatric symptoms
Bernardo Gialanella, Cristina Ferlucci, Vittoria Monguzzi, and Paola Prometti
Disability and Rehabilitation 2015, Vol. 37, No. 6: 517-522.
Summary

Paediatrics

Use of pedometers to increase physical activity among children and adolescents with chronic kidney disease.
Akber A, Portale AA, Johansen KL.

Physical Exercise Recommendations Improve Postural Changes Found in Children and Adolescents with Cystic Fibrosis: A Randomized Controlled Trial
Cláudia S. Schindel, Patricia X. Hommerding, Denizar A.S. Melo, Rafael R. Baptista, Paulo J.C. Marostica, Márcio V.F. Donadio
Journal of Pediatrics, March 2015, 166(3), Pages 710–716.e2

Safety and Feasibility of Transcranial Direct Current Stimulation in Pediatric Hemiparesis: Randomized Controlled Preliminary Study
Bernadette T. Gillick, Tim Feyma, Jeremiah Menk, Michelle Usset, Amy Vaith, Teddi Jean Wood, Rebecca Worthington, and Linda E. Krach
PHYS THER March 2015 95:337-349
Abstract

Children With Developmental Coordination Disorder Play Active Virtual Reality Games Differently Than Children With Typical Development
Leandra Gonsalves, Amity Campbell, Lynn Jensen, and Leon Straker
PHYS THER March 2015 95:360-368
Abstract
Physiotherapy Practice

Physical Therapy 2.0: Leveraging Social Media to Engage Patients in Rehabilitation and Health Promotion
Emily Knight, Robert J. Werstine, Diane M. Rasmussen-Pennington, Deborah Fitzsimmons, and Robert J. Petrella
PHYS THER March 2015 95:389-396
Abstract

Perspectives on the Evolution of Mobile (mHealth) Technologies and Application to Rehabilitation
Brad E. Dicianno, Bambang Parmanto, Andrea D. Fairman, Theresa M. Crytzer, Dairhua X. Yu, Gede Pramana, Derek Coughenour, and Alan A. Petrazzi
PHYS THER March 2015 95:397-405
Abstract

Professionalism in a Digital Age: Opportunities and Considerations for Using Social Media in Health Care
Kendra Gagnon and Carla Sabus
PHYS THER March 2015 95:406-414
Abstract

Emergence of Virtual Reality as a Tool for Upper Limb Rehabilitation: Incorporation of Motor Control and Motor Learning Principles
Mindy F. Levin, Patrice L. Weiss, and Emily A. Keshner
PHYS THER March 2015 95:415-425
Abstract

“Kinect-ing” With Clinicians: A Knowledge Translation Resource to Support Decision Making About Video Game Use in Rehabilitation
Danielle Levac, Deborah Espy, Emily Fox, Sujata Pradhan, and Judith E. Deutsch
PHYS THER March 2015 95:426-440
Abstract

Interdisciplinary Concepts for Design and Implementation of Mixed Reality Interactive Neurorehabilitation Systems for Stroke
Michael Baran, Nicole Lehrer, Margaret Duff, Vinay Venkataraman, Pavan Turaga, Todd Ingalls, W. Zev Rymer, Steven L. Wolf, and Thanassis Rikakis
PHYS THER March 2015 95:449-460
Abstract

Renal

Effect of Exercise Training on Estimated GFR, Vascular Health, and Cardiorespiratory Fitness in Patients With CKD: A Pilot Randomized Controlled Trial
Sharlene A. Greenwood, Pelagia Koufaki, Thomas H. Mercer, Helen L. MacLaughlin, Robert Rush, Herolin Lindup, Ellen O’Connor, Christopher Jones, Bruce M. Hendry, Iain C. Macdougall, Hugh S. Cairns
American Journal of Kidney Diseases, March 2015, p425–434

Sports Medicine

Specific exercise effects of preventive neuromuscular training intervention on anterior cruciate ligament injury risk reduction in young females: meta-analysis and subgroup analysis
Dai Sugimoto, Gregory D Myer, Kim D Barber Foss, Timothy E Hewett
[Abstract][Full text][PDF][Supplementary Data][Request permissions]
Editor's choiceFREE
The foot core system: a new paradigm for understanding intrinsic foot muscle function
Patrick O McKeon, Jay Hertel, Dennis Bramble, Irene Davis
[Abstract][Full text][PDF][Supplementary Data][Request permissions]

A review of the specificity of exercises designed for conditioning the lumbar extensors
James Steele, Stewart Bruce-Low, Dave Smith
[Abstract]

Using criteria-based interview models for assessing clinical expertise to select physiotherapists at major multisport games
Nicola Phillips, Marie-Elyane Grant, Lynn Booth, Philip Glasgow
[Abstract]

The Elbow-EpiTrainer: a method of delivering graded resistance to the extensor carpi radialis brevis. Effectiveness of a prototype device in a healthy population
Rishi Navsaria, Dionne M Ryder, Jeremy S Lewis, Caroline M Alexander
[Abstract]

Sports participation of individuals with major upper limb deficiency
Mihai Bragaru, Rienk Dekker, Pieter U Dijkstra, Jan H B Geertzen, Corry K van der Sluis
[Abstract]

Consensus criteria for defining 'successful outcome' after ACL injury and reconstruction: a Delaware-Oslo ACL cohort investigation
Andrew D Lynch, David S Logerstedt, Hege Grindem, Ingrid Eitzen, Gregory E Hicks, Michael J Axe, Lars Engebretsen, May Arna Risberg, Lynn Snyder-Mackler
[Abstract]

The Biomechanical Function of the Anterolateral Ligament of the Knee
Erin M. Parsons, Albert O. Gee, Charles Spiekerman, and Peter R. Cavanagh
Abstract

Do Overhead Sports Increase Risk for Rotator Cuff Tears in Wheelchair Users?
Michael Akbar, Manuela Brunner, Volker Ewerbeck, Bernd Wiedenhöfer, Thomas Grieser, Thomas Bruckner, Markus Loew, Patric Raiss
Archives of Physical Medicine and Rehabilitation, Volume 96 • Issue 3, March 2015, p484–488

Eccentric training for prevention of hamstring injuries may depend on intervention compliance: a systematic review and meta-analysis
Adam P Goode, Michael P Reiman, Lloyd Harris, Lucia DeLisa, Aaron Kauffman, David Beltramo, Charles Poole, Leila Ledbetter, Andrea B Taylor
[Abstract][Full text][PDF][Supplementary Data][Request permissions]
Editor's choice FREE
Precooling and percooling (cooling during exercise) both improve performance in the heat: a meta-analytical review
Coen C W G Bongers, Dick H J Thijssen, Matthijs T W Veltmeijer, Maria T E Hopman, Thijs M H Eijsvogels
[Abstract][Full text][PDF][Supplementary Data] [Request permissions]

How does a combined preoperative and postoperative rehabilitation programme influence the outcome of ACL reconstruction 2 years after surgery? A comparison between patients in the Delaware-Oslo ACL Cohort and the Norwegian National Knee Ligament Registry
H Grindem, L P Granan, M A Risberg, L Engebretsen, L Snyder-Mackler, I Eitzen
[Abstract]

The efficacy of a supervised and a home-based core strengthening programme in adults with poor core stability: a three-arm randomised controlled trial
V H Chuter, X A K Janse de Jonge, B M Thompson, R Callister
[Abstract]

Women’s Health

The efficacy of moderate-to-vigorous resistance exercise during pregnancy: a randomized controlled trial.
Petrov Fieril K, Glantz A, Fagevik Olsen M.

Prevention of postpartum stress incontinence in primigravidae with increased bladder neck mobility: a randomised controlled trial of antenatal pelvic floor exercises.

News items

From CSP News:

- 11 March 2015 - 2:59pm
  **ARC15: Promote physio leadership roles to combat rise in generic ‘therapy’ leads**
  Action must be taken to tackle the growing dearth of lead roles for physiotherapists in the NHS before patients are affected and the profession is damaged.

- 11 March 2015 - 9:52am
  **ARC15: Physios are under pressure to discharge patients in A&E crisis**
  Unprecedented pressures have been placed on NHS services over the winter, with CSP members around the country being sent into acute areas from other wards.

- 11 March 2015 - 9:03am
  **ARC15: Physios need evidence-based health apps to use with patients**
  Physiotherapists should be at the forefront of technological innovations, ensuring that NHS-recommended health apps meet the needs of the profession.

- 10 March 2015 - 2:24pm
  **ARC15: NHS physios angry over extent of unpaid overtime**
  The NHS is relying on staff doing hours of unpaid overtime every week, delegates at the CSP annual representative conference in Manchester heard yesterday.

- 10 March 2015 - 12:35pm
  **ARC15: CSP members must shape the healthcare debate, says Karen Middleton**
The CSP must become one of the UK’s most influential healthcare organisations, chief executive Karen Middleton told the society’s annual representative conference.

- **10 March 2015 - 10:25am**
  **NHS Change Day targets physios for fresh ideas**
  NHS Change Day on 11 March will see NHS Improving Quality (NHS IQ) running a 12-hour ‘Changeathon’ where people can showcase innovations and ideas for improving healthcare.

- **6 March 2015 - 9:56am**
  **NHS England’s Tim Kelsey says unions can help develop digital skills of health professionals**
  The CSP and other unions have a role in developing the digital skills of health service staff, according to Tim Kelsey, NHS England’s director for information and patients.

- **5 March 2015 - 9:25am**
  **Research shows 6,000 NHS staff in England off sick daily with MSK problems**
  About 6,000 NHS staff in England miss work every day due to musculoskeletal (MSK) problems, freedom of information requests have revealed.

- **4 March 2015 - 4:00pm**
  **CSP surveys physio managers about seven-day services and recruitment**
  Physiotherapy managers can provide feedback about their experiences of staff recruitment and seven-day services using a 10-15 minute online survey.

- **3 March 2015 - 4:30pm**
  **Every extra £1 spent on lymphoedema treatment could save England’s NHS £100**
  NHS trusts in England could cut hospital admissions and save money by improving the treatment of lymphoedema – and physios have a key role to play.

- **27 February 2015 - 12:54pm**
  **CSP welcomes dementia training for 1.3 million NHS staff**
  The CSP has welcomed an announcement by the Department of Health (DH) to train all NHS staff – about 1.3 million people – in dementia awareness.

- **26 February 2015 - 4:44pm**
  **Top sports physio edits BMJ journal**
  One of the UK’s top sports physiotherapists has guest edited the British Journal of Sports Medicine (BJSM).

- **26 February 2015 - 4:05pm**
  **Plymouth NHS trust to offer all patients self-referral to MSK physiotherapy**
  By April all NHS patients in Plymouth will be able to refer themselves to a musculoskeletal (MSK) physiotherapy service.

- **26 February 2015 - 2:00pm**
  **Physio students help university gain first simulation endorsement**
  Students practising their respiratory skills on mannequins helped their university win an endorsement for using simulation in a higher education institution (HEI).

- **25 February 2015 - 2:02pm**
  **CSP responds to Greater Manchester devolution plans**
  Commenting on plans to devolve NHS spending powers to Greater Manchester, Prof Karen Middleton, chief executive of the Chartered Society of Physiotherapy, said:

- **20 February 2015 - 3:16pm**
  **Physios and philosophers receive £1 million research grant**
  Two physiotherapists are to play their part in a €1.3 (about £1 million) study that will explore what leads to improvements in people’s health and wellbeing.
Patients Association reports under-resourced NHS physio services
A report by the Patients Association shows that some short-staffed physiotherapy services are affecting care in the NHS in England.

New book in the Library

Tortora GJ, Principles of anatomy and physiology, 14th ed, 2014, shelved at QT104

This 14th edition of the phenomenally successful *Principles of Anatomy and Physiology* continues to set the standard for the discipline. Written and superbly illustrated for two-term, introductory Anatomy and Physiology students, this text offers a rich and complete teaching and learning environment.

Elphinston J, Stability, sport and performance movement: practical biomechanics and systematic training for movement efficacy and injury prevention, 2nd ed, 2013, shelved at W570

This book promotes the foundations for effective movement, rather than to solely develop core stability. Section 1 explores the relationship between movement and stability, introducing new concepts and examining existing models. Section 2 develops functional motor patterns by integrating stability concepts with posture, balance, mobility and neuromuscular control.

ACSM’s Guidelines for exercise testing and prescription, 9th ed, 2014, shelved at WB541

The flagship title of the certification suite from the American College of Sports Medicine, *ACSM’s Guidelines for Exercise Testing and Prescription* is a handbook that delivers scientifically based standards on exercise testing and prescription to the certification candidate, the professional, and the student. The 9th edition focuses on evidence-based recommendations that reflect the latest research and clinical information. This manual is an essential resource for any health/fitness and clinical exercise professional, physician, nurse, physician assistant,
physical and occupational therapist, dietician, and health care administrator. This manual gives succinct summaries of recommended procedures for exercise testing and exercise prescription in healthy and diseased patients.

ACSM's Resource manual for guidelines for exercise testing and prescription, 7th ed, 2014, shelved at WD500

ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription was created as a complement to ACSM's Guidelines for Exercise Testing and Prescription and elaborates on all major aspects of preventative rehabilitation and fitness programs and the major position stands of the ACSM. The 7th edition provides information necessary to address the knowledge, skills, and abilities set forth in the new edition of Guidelines, and explains the science behind the exercise testing and prescription. ACSM's Resource Manual is a comprehensive resource for those working in the fitness and clinical exercise fields, as well as those in academic training. Highlights include: · An expanded behavior change section with the tools needed to motivate people to begin exercise and then adhere to a program · Content reflects the most recent research findings in the field as well as ACSM position stands.

Evidence updates


Conferences

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